

New Year, New You

An amazing new drink, questions you may be too afraid to ask plus how you can lose weight – easily!

Colonic Irrigation

Colonic Irrigation is also known as Colon Hydrotherapy and is the gentle rinsing of the colon with warm water. This allows old faecal matter to be removed and vital nutrients to be absorbed more easily leaving you feeling rejuvenated and healthier.

Q: What is it good for?

A: It's great if you suffer from poor digestion with symptoms like bloating, sluggish bowel movements, excessive weight gain, low energy, or poor skin quality. It is also regarded, as the 'ultimate detox' so is an excellent way to detoxify your body after any Christmas and New Year excesses.

Q: How does it work?

A: When visiting a colon hydrotherapist they will expect you to be nervous, but will put you at ease. The first appointment includes taking your case history, explaining the procedure and the treatment itself. Only small amounts of water are allowed to enter the bowel at any one time, acting to dilate the lower bowel and stimulating it to empty itself. In all, about 15 litres enters the bowel during treatment, and the vast majority also comes out again.

Q: Is it safe?

A: Beckenham Therapy Rooms has a specially designed treatment room within the clinic from which to offer colonic irrigation treatments. All equipment used is sterile and disposable. The water is filtered and at a low pressure so there is no risk of any perforation to the bowel. Our practitioners are all members of the Association and Register of Colon Hydrotherapists (ARCH). All members are properly trained and professionally insured.

Q: How many treatments will I need?

A: This depends on the individual and advice will be given after your first treatment.

Q: How much does it cost?

A: We are running a special offer from 16th Dec to 25th Jan 09 where 1 treatment will cost £60, a course of 3 £150, or a course of 6 £280.

For further information contact:

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Lose Weight

Do you want to lose weight before Christmas? Is your New Year's resolution going to be to lose weight in 2009 and feel fabulous? Would you like to be able to eat normal everyday foods, in unlimited quantities and still lose weight? Have you tried Slimming World before and want to give us another go?

In January 2009 Slimming World will be launching a brand new plan making it even easier to lose weight and feel great. A warm welcome awaits you at one of our local groups turn to page five to find out more.



Mile High

Most of us are familiar with feeling exhausted, jaded and generally under the weather at this time of the year. A new Red Grape and Cherry drink called Mile High has been formulated to help relieve some of the symptoms we experience after a long flight, a tiring and difficult week in work or a nightshift. They are now available in selected Waitrose stores nationwide including the flagship John Lewis store on Oxford Street in London. Mile High Drinks is a delicious, 100% natural and healthy blended juice created by nutritionist Stuart Roberts to provide extremely high levels of antioxidants. The drink is made with a unique combination of natural ingredients specifically chosen for their health-boosting properties and great taste: cherries, red grapes, aloe vera and ginger.



We can offer 10 winners a week's supply (i.e. 7 bottles) of Mile High antioxidant drinks. If you would like to be in with a chance of winning please email: editor@bromleylife.co.uk and put Mile High in the subject box.